



History and Records

2025 UCF Women's Cross Country



2025 Quick Facts

UCF INFORMATION

Location Orlando, Fla.
 Founded 1963
 Enrollment 71,000+
 Nickname Knights
 Colors Black and Gold
 Conference Big 12
 President Dr. Alexander Cartwright
 Director of Athletics Terry Mohajir
 Athletics Phone (407) 823-4114
 Ticket Office Phone (407) 823-1000
 Home Facility UCF Cross Country Complex

COACHING STAFF

Head Coach Dana Boone
 Alma Mater Virginia, 1991
 Assistant Coach Bryan Harmon
 Track Office Phone (407) 823-0096

TEAM INFORMATION

2024 Big 12 Finish 12th
 Returners 12
 Freshman 2
 Transfers 1

ATHLETICS COMMUNICATIONS

Sport Information Director Aiden Kocol
 Office Phone (321) 418-1779
 Cell Phone (720) 837-3712
 E-Mail akocol@athletics.ucf.edu
 Website UCFKnights.com
 Twitter @UCF_Track
 Instagram @ucf.tfxc

UCF, Not Central Florida

Please refer to the University of Central Florida as UCF when shortening the title. Derivatives such as C. Florida, Cent. Florida and C. Fla., should not be used.

Also, please note that UCF's teams are no longer being referred to as the Golden Knights. Instead, they are simply called the Knights.



2025 ROSTER

NAME	CLASS	HOMETOWN/HIGH SCHOOL (PREVIOUS SCHOOL)
Abigail Clemets	Jr.	Pinellas Park, Fla. / Osceola (Seminole) HS
Masha Dorofeev	Fr.	Fort Myers, Fla. / Fort Myers HS
Raquel Edwards	So.	Fort Lauderdale, Fla. / Dilalrd HS
Kendall Hughes	Sr.	Valrico, Fla. / Newsome HS
Paige Jaszcak	Sr.	Mims, Fla. / Titusville HS
Riley Jaszcak	Sr.	Mims, Fla. / Titusville HS
Avery Latto	So.	Seminole, Fla. / Osceola (Seminole) HS
Bailey McLain	Sr.	Haymarket, Va. / Battlefield HS
Madison Patchan	So.	St. Augustine, Fla. / Toco Creek HS
Ava Quattrocchi	So.	Cocoa, Fla. / Rockledge HS
Alexandra Raquet	So.	Tampa, Fla. / Sickles HS (Louisville)
Isabella Richardson	Sr.	Auckland, New Zealand
Daisy Ross	Fr.	Ponte Verda Beach, Fla. / Ponte Verda HS
Yvone Sandui	So.	Bungoma County, Kenya / Ndivisi Girls School (Norfolk St.)
Penelope Sosa	Sr.	Miami, Fla. / Miami Coral Park HS

HEAD COACH



DANA BOONE
EIGHTH SEASON

ASSISTANT COACH - DISTANCE



BRYAN HARMON
SECOND SEASON

ROSTER BREAKDOWN

BY STATE/COUNTRY

FLORIDA

Abigail Clemets
 Masha Dorofeev
 Raquel Edwards
 Kendall Hughes
 Paige Jaszcak
 Riley Jaszcak
 Avery Latto
 Madison Patchan
 Ava Quattrocchi
 Alexandra Raquet
 Daisy Ross
 Penelope Sosa

VIRGINIA

Bailey McLain

NEW ZEALAND

Isabella Richardson

KENYA

Yvone Sandui

BY ELIGIBILITY

FRESHMAN

Masha Dorofeev
 Daisy Ross

SOPHOMORE

Raquel Edwards
 Avery Latto
 Madison Patchan
 Ava Quattrocchi
 Alexandra Raquet
 Yvone Sandui

JUNIOR

Abigail Clemets

SENIOR

Kendall Hughes
 Paige Jaszcak
 Riley Jaszcak
 Bailey McLain
 Isabella Richardson

SCHOOL RECORDS

FRESHMAN RECORDS

5K

Isabella Richardson14:28.00 (2023)

6K

Valerire Lastra21:10.55 (2021)

ALL-TIME RECORDS

4K

Anne-Marie Blaney16:50.19 (2013)

5K

Anne-Marie Blaney16:50.19 (2013)
 Anne-Marie Blaney16:54.18 (2016)
 Sonja Shedden17:12.00 (2000)
 Isabella Richardson17:12.40 (2022)
 Anne-Marie Blaney17:12.95 (2014)
 Anne-Marie Blaney17:14.16 (2016)
 Anne-Marie Blaney17:23.65 (2014)
 Anne-Marie Blaney17:24.90 (2013)
 Anne-Marie Blaney17:31.53 (2014)
 Anne-Marie Blaney17:33.12 (2013)
 Valerie Lastra17:43.60 (2021)
 Isabella Richardson17:47.40 (2023)
 Penelope Sosa.....17:49.10 (2022)
 Anne-Marie Blaney17:49.51 (2012)
 Anne-Marie Blaney17:50.80 (2016)

6K

Anne-Marie Blaney19:39.90 (2014)
 Anne-Marie Blaney20:07.20 (2016)
 Anne-Marie Blaney20:14.00 (2016)
 Anne-Marie Blaney20:19.45 (2013)
 Anne-Marie Blaney20:29.60 (2016)
 Anne-Marie Blaney20:32.94 (2013)
 Isabella Richardson20:38.90 (2023)
 Anne-Marie Blaney20:45.00 (2014)
 Sonja Shedden21:06.00 (2000)
 Penelope Sosa.....21:08.50 (2023)
 Valerie Lastra21:10.55 (2021)
 Holly Wooley.....21:11.32 (2015)
 Anne-Marie Blaney21:15.10 (2013)
 Laura Korsmit21:15.50 (2014)
 Anne-Marie Blaney21:20.72 (2013)

CONFERENCE HISTORY

UCF added cross country in 1979 and competed in the Sunshine State Conference (NCAA Division II) until the women became part of the New South Women's Athletic Conference from 1985-1991. The women made the move to the Trans America Athletic Conference/ Atlantic Sun Conference, where they competed from 1992-04. The Knights joined Conference USA beginning in the fall of 2005 where they competed until 2013 when they transitioned to the American Athletic Conference for its inaugural season. Due to the COVID-19 pandemic, the 2020 fall season was postponed to Spring 2021. In 2023, UCF made an historic move to the Big 12 Conference, placing 11th in the program's inaugural conference championships.

CONFERENCE RESULTS

<u>Year</u>	<u>Finish</u>	<u>Year</u>	<u>Finish</u>	<u>Year</u>	<u>Finish</u>
1980	2nd	1996	5th	2010	11th
1981	No Team Score	1997	3rd	2011	10th
1982	2nd	1998	2nd	2012	11th
1983	2nd	1999	1st	2013	4th
1984	No Affiliation	2000	4th	2014	4th
1985	2nd	2001	3rd	2015	7th
1986	2nd	2002	3rd	2016	5th
1987	4th	2003	4th	2017	11th
1988	3rd	2004	4th	2018	9th
1989	5th	2005	9th	2019	11th
1990	7th	2006	5th	2020	5th
1991	8th	2007	7th	2021	7th
1992	3rd	2008	8th	2022	8th
1993	3rd	2009	9th	2023	11th
1994	4th	2010	11th	2024	12th
1995	1st	2011	10th		

CONFERENCE HONORS



All-Conference Honors

Susie Brindgardner.....	1982
Cindy Jurss.....	1982
LuAnne Sloan.....	1982
Gail Jones.....	1985
Mary Marmott.....	1985
Rosa Vousa.....	1986
Julie Houser.....	1986
Cindy Gaskill.....	1986
Diane Madison.....	1987
Kim Spence.....	1988
Pam Wulf.....	1989
Tiffany Hill.....	1992
Jeanne Lesniak.....	1993
Heather Schulz.....	1994
Ktanah Bresnick.....	1995
Tiffany Hill.....	1995
Christy Miller.....	1995, 1996
Anne Panaggio.....	1997, 1998
Sonja Shedden... ..	1998, 1999, 2000, 2001
Brianne Harrington.....	1999
Sara Dillman.....	1999
Melissa Norris.....	2000
Astrid Claessens.....	2004

Atlantic Sun Individual Champion

Sonja Shedden.....	1999, 2000
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Atlantic Sun Runner of the Year

Sonja Shedden.....	1999, 2000
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Atlantic Sun Coach of the Year

Marcia Mansur-Wentworth..	1995, 1999
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All-Conference Honors

Jenny Clausen (First Team)	2006
Jamie Rzepecki (First Team).....	2009
Jamie Perzanowski (Third Team)..	2011

C-USA Outstanding Senior of the Year

Jamie Rzepecki.....	2009
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Athletes of the Week

Jenny Clausen.....	Oct. 10, 2009
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The American Freshman of the Year

Valerie Lastra.....	2020, 2021
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All-Conference Honors

Anne-Marie Blaney.....	2013, 2014, 2016
Valerie Lastra.....	2020

Athletes of the Week

Anne-Marie Blaney.....	Sept. 10, 2013
.....	Sept. 23, 2013
.....	Oct. 1, 2013
.....	Oct. 15, 2013
.....	Oct. 22, 2013
.....	Sept. 30, 2014
.....	Oct. 21, 2014
.....	Sept. 27, 2016
.....	Oct. 11, 2016

Jamie Tomassetti	Sept. 3, 2019
Holly Wooley.....	Oct. 6, 2015
Isabella Richardson	Sept. 20, 2022

The American Individual Champion

Anne-Marie Blaney	2013, 2016
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NCAA HONORS

NCAA All-Region

Sonja Shedden (2000, 2001)

NCAA Woman of the Year (Florida)

Sarah Kureshi (2001)

USTFCCCA South Region

Athlete of the Year

Anne-Marie Blaney (2016)

NCAA South Regional Team Finishes

2024	20th	580 pts
2023	18th	492 pts
2022	17th	482 pts
2021	15th	455 pts
2020	N/A	COVID Season
2019	N/A	Did not place
2018	26th	727 pts
2017	27th	772 pts
2016	18th	493 pts
2015	21st	557 pts
2014	14th	423 ppts
2013	19th	503 pts
2012	22nd	568 pts
2011	24th	670 pts
2010	24th	729 pts
2009		Did not place
2008	18th	438 pts
2007	15th	347 pts
2006	16th	443 pts
2005	21st	552 pts
2004	22nd	579 pts

NCAA South Regional UCF Top Finisher

2024	Abby Clemets	101st
2023	Isabella Richardson	80th
2022	Isabella Richardson	70th
2021	Valerie Lastra	78th
2020	N/A	COVID Season
2019	Charoltte Crook	88th
2018	Victoria Jung	105th
2017	Kalleigh Forrester	118th
2016	Anne-Marie Blaney	1st
2015	Holly Wooley	47th
2014	Anne-Marie Blaney	4th
2013	Anne-Marie Blaney	19th
2012	Anne-Marie Blaney	54th
2011	Jamie Perzanowski	89th
2010	Ocean Cohen	104th
2009	Jamie Rzepecki	54th
2008	Shantile Blackburn	60th
2007	Jamie Rzepecki	54th
2006	Jenny Clausen	48th
2005	Andrea Morrow	106th
2004	Astrid Claessens	94th

ACADEMIC HONORS

American Athletic Conference All-Academic Team

Amy Ankli.....	2013-16
Isabella Babilonia.....	2022
Alexa Baker.....	2022
Andrea Ballesterio.....	2023
Jadae Barret.....	2021
Anne-Marie Blaney.....	2013-17
Vanessa Bolen.....	2020
Mikaela Brown.....	2021-22
Claire Castillo.....	2014
Cody Castillo.....	2013-16
Rosie Chamberlain.....	2014-18
Heather Classe.....	2013-14, 16
Marissa Codispodi.....	2017-18
Tere Cooley.....	2015-16
Charlotte Crook.....	2019-23
Mackenzie Czurak.....	2021-23
Alexandra Del Re.....	2021-23
Jessica Dolan.....	2018-20
Kalleigh Forrester.....	2014, 2018
Allison Gerrits.....	2022
Brittany Gill.....	2017
Alyssa Hamel.....	2013
Lillian Holtery.....	2022-23
Kendall Hughes.....	2023
Emily Jenkinson.....	2014-17
Paige Jaszczak.....	2023
Riley Jaszczak.....	2023
Victoria Jung.....	2017-21
Paige Kelly.....	2023
Laura Korsmit.....	2014-18
Gabrielle LaRock.....	2020
Valerie Lastra.....	2021-22
Ne'Ausha Logan.....	2014
Kayla McGowan.....	2019-21
Ashton McMurray.....	2014-17
Brenna Mullaney.....	2021-23
Dianna Perez.....	2020
Rachel Petrik.....	2013
Katie Pinnell.....	2020-23
Zoe Pustilnik.....	2023
Gabrielle Rayner.....	2015-16
Megan Rhodes.....	2021-22
Mariana Rodriguez.....	2021-23
Shayla Sanders.....	2019
Katy Soltis.....	2018-21
Kambry Smith.....	2022
Penelope Sosa.....	2023
Sel Stuart.....	2020
Crystal Tejeda.....	2018
Jamie Tomassetti.....	2020
Cyndi Turner.....	2021-23
Jewel Walters.....	2020
Rachel Wheatley.....	2022-23
Amelia Williams.....	2013-14
Bethany Williams.....	2018-19, 21
Camryn Williams.....	2022-23
Holly Wooley.....	2014-16

Conference USA Commissioner's Academic Medal

Jocelin Adona.....	2012
Shelby Blaes.....	2012
Rachel Petrik.....	2012
Ali Brandehoff.....	2011
Jessica Pachay.....	2011-12
Jamie Perzanowski.....	2011
Kristen Zieminski.....	2006-07
Jessica Clausen.....	2006

Conference USA Commissioner's Honor Roll

Jocelin Adona.....	2012
Amy Ankli.....	2012
Anne-Marie Blaney.....	2012
Heather Classe.....	2012
Alyssa Hamel.....	2012
Caroline Pauls.....	2012
Rachel Petrik.....	2012
Akeeba Rose.....	2012
Ebony Rose.....	2012
Shelby Blaes.....	2011-12
Ali Brandehoff.....	2011
Emmy Brandehoff.....	2011
Cody Castillo.....	2011-12
Jessica Pachay.....	2011-12
Jamie Perzanowski.....	2011
Amelia Williams.....	2011-12
Ocean Cohen.....	2007-10
Alyssa Franks.....	2009-10
Mason Gardberg.....	2009-10
Jaclyn Johnson.....	2006-09
Shannon Kelly.....	2006-09
Jackie Potter.....	2009
Kathia Kinner.....	2008-09
Katrina Skinner.....	2009
Amethyst Strickland.....	2009
Erica Weitz.....	2006-09
Shantile Blackburn.....	2005, 2007-08
Kelly McNeil.....	2005-08
Allison Palmer.....	2005-08
Jenny Clausen.....	2006-07
Stephanie Knapp.....	2007
Elizabeth Miller.....	2005-07
Kristen Zieminski.....	2005-07
Kellie Dwyer.....	2006
Amanda Monde.....	2005-06
Mary Schaefer.....	2005-06
Michelle Brouillet.....	2005
Jennifer Rogers.....	2005
Shannon Staunton.....	2005

Conference USA All-Academic Team

Ocean Cohen.....	2008-09
Allison Palmer.....	2008
Kristen Zieminski.....	2008
Elizabeth Miller.....	2006

Conference USA Outstanding Senior of the Year

Jamie Rzepecki.....	2009
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USTFCCCA All-Academic Team

1998-2004, 2006, 2007, 2012, 2013, 2014, 2020
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USTFCCCA All-Academic Honors

Anne-Marie Blaney.....	2013, 2014
Valerie Lastra.....	2020

USTFCCCA Academic All-American

Sonja Shedden.....	2001
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ESPN The Magazine/CoSIDA Academic All-District First Team

Kristen Zieminski.....	2008
Tracy Fischler.....	2006
Astrid Claessens.....	2005
Sarah Kureshi.....	1999, 2000

ESPN The Magazine/CoSIDA Academic All-American

Astrid Claessens (3rd team).....	2005
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Intercollegiate Cross Country Coaches Association (WICCCA)

Academic All-America Team

UCF.....	2004
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ALL-TIME ROSTER

Joceline Adona.....	2012-13	Brittany Gill.....	2016-17	Jamie Perzanowski.....	2011
Reese Anderson.....	2024-25	Renee Grace.....	1986	Rachel Petrik.....	2012-13
Micah Andriani.....	1995-96	Katya Groff.....	2011	Eva Pierce.....	2009-11
Amy Ankli.....	2012-15	Alyssa Hamel.....	2012-13	Katie Pinnell.....	2018-22
Isabella Babilonia.....	2021	Susan Hartley.....	1996-98	Carla Portilla.....	2004-05
Alexa Baker.....	2021	Brianne Harrington.....	1998-00	Kayla Pritchett.....	2015
Andrea Ballestero.....	2022-25	Lizzie Harris.....	2007	Zoe Pustilnik.....	2022
Jaclyn Baron.....	2001	Tracy Hart.....	1987	Ava Quattrocchi..... 2024-present	
Jadae Barrett.....	2020-21	Tabatha Henry.....	2014	Mary Queen.....	1988
Lori Barton.....	1985	Tiffany Hill.....	1992-1995	Alexandra Raquet..... 2025-present	
Kate Bell.....	1992	Shiree Hinds.....	2016-18	Gabrielle Rayner.....	2015
Cheria Bell.....	1994-95	Lillian Holtery.....	2021-2023	Marri Reidel.....	1987
Dan'Elle Bellamy.....	2010	Julie Houser.....	1986	Missy Rhem.....	1989
Sosie Bennet.....	1982	Teresa Huff.....	2011-12	Megan Rhodes.....	2020-22
Shantile Blackburn.....	2005-08	Kendall Hughes..... 2022-present		Haley Riorden.....	2019
Shelby Blaes.....	2011-12	Lauren Iseman.....	2006	Isabella Richardson..... 2022-present	
Anne-Marie Blaney.....	2012-16	Paige Jaszczak..... 2022-present		GeAna Rivera.....	1998-00
Vanessa Bolen.....	2019	Riley Jaszczak..... 2022-present		Megan Rodell.....	1996
Ali Brandehoff.....	2011	Emily Jenkinson.....	2014-17	Mariana Rodriguez.....	2020-2023
Emmy Brandehoff.....	2011	Jaclyn Johnson.....	2006-09	Daesha Rogers.....	2017
Ktanah Bresnick.....	1994-95	Christina Jones.....	2003-06	Jenny Rogers.....	2004-06
Mollie Britt.....	1989	Gail Jones.....	1983-85	Akeeba Rose.....	2012
Sosie Brigardner.....	1982	Victoria Jung.....	2016-20	Ebony Rose.....	2012
Michelle Brouillet.....	2004-05	Cindy Jurss.....	1982	Daisy Ross..... 2025-present	
Mikaela Brown.....	2020-2021	Paige Kelly.....	2021-22	Tom Ruse.....	1983-84
Kelly Burwash.....	1987-88	Shannon Kelly.....	2007-09	Jamie Rzepecki.....	2005-09
Stephanie Cameron.....	1997, 1999	Laura Korsmit.....	2014-17	Shayla Sanders.....	2018
Claire Castillo.....	2014-15	Karen Kozub.....	2003, 2005-07	Yvone Sandui..... 2024-present	
Cody Castillo.....	2011-15	Sarah Kureshi.....	1997, 2000	Laura Saunders.....	1985
Anna Cerniglia.....	1988-89	Cindy Lagemann.....	1985	Danielle Scaffidi.....	2010-11
Rosie Chamberlain.....	2014-17	Shar Lammers.....	2000-01	Mary Schaefer.....	2005-06
Heather Classe.....	2012-13	Sofia Lantz.....	2022	Sarah Schleis.....	1997
Astrid Claessens.....	2002-04	Gabrielle LaRock.....	2019	Heather Schulz.....	1994-95
Jenny Clausen.....	2006-07	Valerie Lastra.....	2020-21	Samantha Schultz.....	2019
Abigail Clements..... 2023-present		Avery Latto..... 2024-present		Sonja Shedden.....	1998-00
Marissa Codispodi.....	2016-17	Samantha Levin.....	2013	Amy Simons.....	1986
Ocean Cohen.....	2007-10	Jeanne Lesniak.....	1995	Kathia Skinner.....	2008-09
Tere Cooley.....	2015-16	Ne'Ausha Logan.....	2010-13	Katrina Skinner.....	2008-09
Charlotte Crook.....	2018-2023	Annie Lolange.....	2005-06	LuAnne Sloan.....	1982, 84
Megan Crum.....	2002-03	Diane Madison.....	1987	Dave Smith.....	1982-84
Mackenzie Czurak.....	2020-22	Jackie Magee.....	2002-03	Kambry Smith.....	2021
Carley Dart.....	2008-10	Mary Mamott.....	1984-85	Sierra Solaun.....	2010
Michelle Daniels.....	2000-01	Valery Martinez.....	2001-02	Kaitlyn Soltis.....	2018-20
Gianna Del Pizzo.....	2024-25	Kayla McGowan.....	2017-18	Penelope Sosa..... 2022-present	
Alexandra Del Re.....	2020-2023	Bailey McLain..... 2024-present		Kim Spence.....	1988-89
Sara Dillman.....	1999, 2001-03	Ashton McMurray.....	2014-16	Anna Stachow.....	2002
Gemma Dimery.....	1997-00	Kelly McNeill.....	2005-08	Shannon Staunton.....	2005
Ann Marie Dixon.....	1996	Marivi Mercado.....	2004	Abigail Stratton.....	2023
Karin Dobiasch.....	2023-25	Carmen Meyer.....	1999	Sel Stuart.....	2019
Jessica Dolan.....	2018-20	Christy Miller.....	1995-96	Valerie Tabor.....	2003
Masha Dorofeev..... 2025-present		Elizabeth Miller.....	2004-07	Crystal Tejeda.....	2017-18
Talia Duzey.....	2015	Amanda Monde.....	2005-06	Hannah Taylor.....	2023
Kellie Dwyer.....	2006-07	Andrea Morrow.....	2002-05	Jamie Tomassetti.....	2019-20
Raquel Edwards..... 2024-present		Brenna Mullaney.....	2020-2023	Cyndi Turner.....	2020-21
Alyssa Franks.....	2009-10	Melissa Norris.....	1999-00	Lorena Valenzuela.....	1992-94
Aisha-Maree Frazier.....	2009-11	Ashley Overby.....	2002	Valerie Valenzuela.....	1992-94
Kalleigh Forrester.....	2014-17	Jessica Pachay.....	2011-12	Nivia Vega.....	1989
Loren Gallmon.....	2016	Allison Palmer.....	2004-08	April Vitori.....	1996-98
Mason Gardberg.....	2009-10	Anne Panaggio.....	1996-98	Lucy Voss.....	2024-present
Cindy Gaskill.....	1984-86	Madison Patchan..... 2024-present		Rose Vouso.....	1983-86
Allison Gerrits.....	2021	Caroline Pauls.....	2012-15	Debbie Walters.....	1982-84
Amy Giles.....	2001-03	Dianna Perez.....	2019	Jewel Walters.....	2019

ALL-TIME ROSTER

Greg Weekes..... 1983
Erica Weitz 2006-09
Rachel Wheatley2021-22
Emma White2024-present
Alice Williams 1983
Amelia Williams 2011-14
Beth Williams.....2017-19
Camryn Williams 2021-2023
Erica Winston 2010-13
Holly Wooley..... 2014-16
Pam Wulf 1989
Barbara Ziccardi 1987
Kristen Zieminski..... 2004-07

(Note: Archives are incomplete in early years as
well as 1990 & 1993.)